

## WHEN YOU NEED US

Find out more information by logging onto [www.whitelies.tv](http://www.whitelies.tv) or by calling your local tobacco prevention coalition for more assistance.

[www.WhiteLies.tv](http://www.WhiteLies.tv)

Live. Without Tobacco.

**Indiana Tobacco  
Prevention and Cessation  
317-234-1787**



ITPC guide adapted from the Pocket Guide by  
Smokefree Indiana Central Coalition.

# I am quitting for life.

How quitting tobacco can  
improve your life.

Pocket Guide

Tips | Hints | Reminders

## WHAT HAPPENS AFTER YOU QUIT SMOKING

20 minutes-Blood pressure and pulse return to normal levels.

3 months-Lung capacity increases. Risk of heart attack decreases.

1 year-Important lung growth begins, increasing ability to fight infections.

5 years-Heart disease death rate drops to the rate for nonsmokers.

### EXPOSURE TO SECONDHAND SMOKE IS EQUIVALENT TO SMOKING:

1 hour in a closed car with someone smoking = **3 cigarettes**

2 hours in a “nonsmoking” restaurant section = **2 cigarettes**

8 hours in an office that allows smoking = **6 cigarettes**

24 hours in a pack-a-day smoker’s home = **3 cigarettes**

2 hours in a smoky bar = **5 cigarettes**

## IT PAYS TO QUIT SMOKING

It’s not just your life you’ll be saving! There’s also financial incentive to break free of smoking. Check out this chart to see how much money you can save.

### Number of Packs a Day

	\$3.50	\$5.25	\$7.00	\$8.75	\$10.50
Day	\$3.50	\$5.25	\$7.00	\$8.75	\$10.50
Week	\$24.50	\$36.75	\$49.00	\$61.25	\$73.50
Month	\$98	\$147	\$196	\$245	\$294
1 Year	\$1176	\$1764	\$2352	\$2940	\$3528
10 Years	\$11760	\$17640	\$23520	\$29400	\$35280
20 Years	\$23520	\$35280	\$47040	\$58800	\$70560
30 Years	\$35280	\$52920	\$70560	\$88200	\$105840
40 Years	\$47040	\$70560	\$94080	\$11760	\$141120

Note: Savings are based on \$3.50 per pack

## My Quit Date

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## TIPS FOR BREAKING FREE

- **Keep a Positive Attitude**

Instead of telling yourself, "I can't stop" or "I need a cigarette," reinforce the positive by saying, "I'm becoming healthier" or "I'm a winner."

- **Make Cigarettes Part of Your Past**

Discard all cigarettes and matches. Have your teeth cleaned at the dentist. Dry-clean your clothes. Air out your home.

- **Change Your Habits**

Take a walk after meals. Visit places where smoking is prohibited, such as museums, libraries, theaters and health clubs. Engage in healthy activities, such as swimming, walking and strength training.



- **For Intense Craving Follow the 4 D's**

The 4 D's:

- (1) Delay – wait a few minutes
- (2) Deep breathing – take 4 deep breaths
- (3) Drink cold water
- (4) Do something else

- **When You Feel Anxious**

Relax and breathe deeply. If at home, take a shower or bath. Walk briskly around the house or block. If at work, stand, stretch and walk around. Slowly sip a glass of cold water.

- **Share Your Commitment**

Review your reasons for quitting every day. Be sure to tell your family, friends and co-workers about your decision to quit. Ask for their support whenever you feel the urge to smoke.

## ALTERNATIVES TO SMOKING

- After getting up in the morning:

Try changing routines

- On the way to work or school:

Try chewing on a straw or toothpick; singing; taking public transportation

- After meals:

Try getting up from the table; brushing teeth

- After coffee in the morning:

Try eating breakfast

- While alone:

Try reading or doing chores

- When angry:

Try taking a walk; punching a pillow

- While waiting:

Try sipping cold water

- When upset:

Try exercising; breathing deeply

- While watching TV:

Try munching on celery, carrots or licorice

- At home after work or school:

Try resting and waiting for the urge to pass

- While on the phone:

Try getting support from the person on the phone

